

# THE OBSERVER



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Issue 5

## Reflections: S.A. Board

Written by : Renee Pugh

This year's Student Association elections have come and gone. New people have come to power with new ideas. However, this administration has the good fortune to be proceeded by a talented and effective group of officers. Last year's S.A. officers - President Don Shuler, Vice President Nick Schafer, Treasurer John Ligda, and Secretary Kris Dougherty - did much to improve the communication between S.A. and the faculty, as well as between the student body and faculty. They also took S.A. and reorganized it, making it a stronger and more effective tool of the Saint Joseph's College community.

The past administration set high standards for itself with a focus on communication and organization. "Since this administration took office, our goals have been to organize S.A. and begin to open up the lines of communication between students and SJC administration and faculty. We [laid] the foundation [for] communication. We created a new committee in the Senate whose sole purpose is communication," says Schafer proudly. "Our President, Don Shuler, has organized several dinners at which [college] President [Ernest] Mills has met with various groups of students. It is a good way for the President to [interact] with students outside of the traditional settings."

While they have improved and strengthened the lines of communication between SJC faculty and students, they have also made S.A. more available to the student community. "[We] worked more with the students," emphasizes Ligda. "[We increased] the number of meetings from once each month to two a month."

The administration has also worked diligently on revamping the school's constitution, and this has required extensive communication between S.A., the Senate, various faculty members, and especially the student body. "The overhaul of the Constitution [will be our biggest accomplishment]," says Dougherty. "It needs a lot of work and we have a great group of people working on the document." While all the officers recognize the importance of the advances they have made in improving communication here at St. Joe's, they do not allow such success to give their view of their administration too much of a rosy tint. "There is still a lot of work to be done

in this area," admits Ligda.

While they made incredible progress in making SJC more communication-friendly, they also had a lot of work to do in the organizational department. "This was difficult because there was a lot of work to do, but it was not always obvious to the student body. As a result we received a lot of criticism," recalls Schafer. In spite of their critics, the officers pressed onward and created an organizational structure for S.A. that had not existed in previous administrations. "This group of officers has really added to the organization of the Student Association," says Schafer. "[I feel that] the organizational cleaning up we accomplished [was important]," agrees Shuler. "The Constitution has been updated, the Bylaws have been updated, and [we] have created an infrastructure for S.A. that it did not have before," he says. As Secretary, Dougherty echoes Shuler's opinion. "It was very hard to find past information, minutes from meetings, attendance records, et cetera. I have tried to put all of these items together...[for] the new secretary."

Ligda took his office to find it in shambles, and made it his mission to improve the bookkeeping methods of the treasurer office, as well as maintain a balanced budget. "[As an individual] I feel my biggest accomplishments were maintaining a balanced budget over the year, as well as developing good bookkeeping habits," he says in retrospect.

All of the officers joined S.A. for different reasons, yet were able to come together and make S.A. a more coherent and cohesive body, while making it more accessible. Ligda joined S.A. because he felt a deep love for the college that has given him so much, and because it seems almost natural for him

to do so. "I feel I have something to give back because it has given so much to me. Also, my father and brother are both alumni of SJC, and my father is currently the President of the Alumni Association." Shuler feels the same way.

"I love SJC. I wanted to be able to give back to the college that has given me so much, and I found S.A. to be an excellent way to serve

the college." Dougherty joined S.A. because she enjoyed being involved in various other groups on campus, yet saw in S.A. a more promising future for herself than in any other group. "I knew I wanted to be involved in politics and government. I thought S.A. would be great experience. S.A. just seemed to fit better with what I wanted to do with my life." Schafer, having been involved in Student Senate for two and a half years before becoming Vice-President of S.A., saw the promise of S.A. itself, and decided to become involved for that reason. "I saw the great potential of S.A., but saw that there were some problems. I wanted to try and improve the organization, and I think we have," he says. Schafer also sees the future benefits of S.A. in his life. "It really made me appreciate the way a large organization runs. [It] demands a lot of time and energy. I feel that this position has helped prepare me for things I might encounter after graduation," he states. This unique group of officers was able to bring so much to SJC, while being able to benefit from their experience as well.

All four officers remember their time on S.A. fondly, however they all look forward to their futures after their term with S.A. has ended. "It was enjoyable to work with people who were passionate about SJC," remarks Ligda. However, these officers are moving on-

ward. Three of the four outgoing officers look forward to graduation this year, and the one remaining officer, Ligda, hopes to continue to be a presence in S.A. "I am running for S.A. President right now, and even if I am not elected, I hope to be available and active in some form of student government. And I will be on call to the [incoming] administration to help them." Shuler, Schafer, and Dougherty all anticipate graduating in May, but plan on keeping their remaining months at SJC busy and eventful. "I will continue to be involved with theater, and with the improv group 'The Shallow End Divers.' I will also stay involved with Campus Ministry and, of course, focus on classes," says Schafer, while Shuler just hopes to "remain involved in my other activities and push on until graduation." Dougherty, like Ligda, hopes to help the new board members get settled in, while planning on using the skills she gained in S.A. after graduation. "I especially want to help the new secretary get accustomed to the office. I plan on using the skills I have developed while in office in my future career working in the government," she says.

The outgoing officers have high hopes for those coming into office. Shuler hopes for these students "to continue to come up with new ideas on how to communicate better with the students and administration." Dougherty agrees. "I hope they will bring fresh ideas to the office that will better the Student Association as a whole," she states. The outgoing officers also hope that their successors will appreciate the organizational work done in the past year, and work to maintain it. "I hope the new treasurer will maintain a good working relationship with the college and the business office, as well as keep up the bookkeeping system. I hope all of the officers make a collaborative effort to improve S.A.," says Ligda. "I hope they will continue to build on what the current board has established in terms of the organization and upkeep of offices," adds Dougherty. "We did a lot of organizational work and tried to lay the foundations for further growth and development of the Student Association," stresses Schafer. "I hope that the next administration takes what we have done and builds upon it. We got the ball moving, and I hope that whoever is elected will keep the ball [in motion]."

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UNDERAGE DRINKING

ET CETERA  
PUMA POETRY

# "Pay Attention," I Say!

What's with everyone packing up in Core lecture before the lecturer is even finished? Honestly, can't we just wait until he/she is done? I mean, how long can it take to throw your books in your bag? If even half the people in the auditorium start closing notebooks and books, it can get very loud. Papers rustling all at once can easily drown out a speaker—even one with a microphone. By the time the clock hits quarter till, all attention is stolen from the lecturer,

and when he/she finishes, no one even claps. After being so rude by not listening

material to present to us. They take the time to make power point slides, prepare speeches, and tie information together. We all know that giving oral presentations is tough and scary. Personally, if I were giving a fifty minute presentation and half the audience packed up early, I would not be a happy camper. Lecture is a class—you wouldn't pack up early in discussion. How about we show our professors a little respect?

Becky Scherer  
News/Opinion  
Editor

ing to the end of the lecture, the attendees can't even feign interest by clapping. The lecturers work very hard to prepare

## May Your Voices Be Heard

By: Becky Scherer,  
News/  
Opinion  
Editor

Anonymous surveys are a great way to get truthful information. People aren't afraid to speak their minds because they don't have to sign their names to their opinions. Following in suit of the recent Cafeteria and HUB surveys, the Student Union Board and

the library are next on the agenda. Have an opinion about what kind of programming should come to SJC? Let the people in charge know! Fill out a SUB survey (located on the bulletin board near the caf) and be honest with your preferences. Nothing can get done if the programmers don't know what the students want.

In a recent Observer issue, I printed an editorial about the library. Since then, I have met with head librarian Cathy Salyers and we have come to an understanding. Cathy is currently working on compiling a survey in which students can voice their opinions

about many library issues. Be sure to keep your eyes open for these to be in circulation second semester—start thinking of your valid points now so you can be prepared when the time comes.

In short, these surveys help both parties involved—they help the service better provide us with our needs, and they help us, as students, better express our needs. They are out there for our advantage; I strongly suggest we take our chance while it's available to us. Anyone can complain—but it takes a stronger person to actually do something about it.

## Paws:

(Things We Like)

- \* ...to everyone who participated in the Adopt-A-Kid program.
- \* ...to Right to Life for giving their baby shower on Sunday, November 17.
- \* ...to everyone who donated to the Penny Wars.
- \* ...to all the candidates from the S.A. elections.
- \* ...to whoever instituted the installation of the automatic doors in the Core building.



## Claws:

(Things We Dislike)

- \* ...to assigned seating in Core lectures. Boo!
- \* ...to the lack of parking, campus-wide.
- \* ...to whoever stole the head of the statue of Fr. Seifert.
- \* ...to everyone who tore down a candidate's S.A. campaign sign.
- \* ...to the new comment cards in the caf-- there is no room for written comments, either positive or negative.

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## Rants and Raves by John Whelan

### ...On Drunkenness On Campus

When there are very few places open late and even fewer things to do for fun on a college campus, what do the students turn to? The predominant answer at SJC appears to be alcohol. There hasn't been a single weekend that has gone by since I started here last year in which I haven't either seen a drunk student acting stupid or heard someone bragging about how they got "wasted" the night before. I'll admit that I've been there, done that, got the T-shirt—I know all about drinking. I don't say this with pride, but rather with disgust. I got sucked into it, just like most freshmen. We students need to realize that it's dan-

gerous. I got alcohol poisoning from excessive drinking, and while I did not have to be hospitalized, that was enough to put me over the edge.

Drinking is illegal if you're under 21, and against school policy even if you *are* 21, unless it's in an over 21 apartment or in Core XI. Second, it's dangerous. I've had bad encounters with drunken people over the years. One decided he wanted to have a fist fight with me, and knocked me out. He was older and much bigger than I was, and I did not fight back. He was arrested; I went to the hospital.

Drunken fights have the potential of happening on campus, as showcased by

a student security officer being harassed for busting up a party where illegal drinking was taking place. Also, there is the risk of drunken college students getting in a car to drive for a late night snack at Grandmas or Trail Tree. Aside from drunks being dangerous to others, they are dangerous to themselves, as well. I was in Gallagher a few weeks ago when a girl passed out outside the dorm. She could have hurt herself when she fell or even have had alcohol poisoning. I've had alcohol poisoning before, and it's a very bad thing. It can kill you, or leave permanent damage; I was lucky.

I find the trend of people drinking for the sole purpose of getting drunk

to be disturbing. We are at an institution of higher education, and some of us partake in a hobby that slowly destroys our bodies. We are supposed to be the future leaders of our country, and some of us are on our way to being alcoholics. Then we have the audacity to wonder why our world is going to hell in a hand basket. Don't get me wrong, I'm not opposed entirely to drinking. I think it's all fine and dandy, as long as it is in moderation, and as long as the person drinking is 21. If you don't fit those criteria, you really have no right, nor any reason to be drinking. If nothing else, don't complain to me when you feel like hell the next morning.

# 16 Years, and Counting!

"You are in for the ride of your life!" "4 stars, 2 thumbs up. I can't wait for the sequel." Ladies and gentlemen, welcome to Kairos, an "intense four day retreat experience" hosted by Saint Joseph's College students and faculty. Kairos is hosted thrice annually, and allows students an opportunity "to listen. Listen to God. Listen to others. Stop, breathe, live," according to Annie Domasica. Domasica, currently a junior, attended the retreat during the spring of her freshman year and is returning to rector the upcoming Kairos along with senior, Joe Guzman. Domasica decided to attend at the suggestion of a 1994 alum of SJC who claimed, "in order to get the full SJC experience [one has] to make a Kairos." Most Kairos

alumni describe the retreat as a life changing, monumental experience, which teaches a new perspective on life and on God.

For four days students live entirely without distractions from everyday life. "No watches, clocks, playing

cards, magazines etc." the registration packet warns. Junior Carrie Oswald, Kairos alum, explains the importance of these measures: "Away from every day stress, you don't take anything for granted. It's an opportunity to remember what is really important." For one weekend, time stands still.

The trip itself is, according to Guzman,



The retreatants of the most recent Kairos XXXIII listen intently for the next instruction.

*Photo courtesy of Brother Tim.*

"best described as an experience where you do not know what you are getting into, but you will most definitely be glad that you did get into it." Domasica echoes, "Everyday you wake up not knowing exactly what to expect." The trip features much introspection and a careful

examination of life, described as "a lot of listening, a lot of talking, and a lot of reflecting," by Domasica. Guzman says, "Kairos means leaving for a while, but

not forgetting or giving up, on stresses and problems that plague everyday life. For me, it is a step back from the confusion of my 'jumbled' life. This enables me to put things into some perspective and to realize what and who are important to me, and what and who I am important to." Further details concerning the events of the trip, however, are off limits to the public eye. "It's a secret!" explains Oswald.

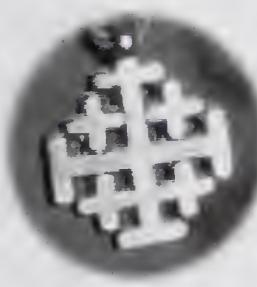
Despite its vague description, Kairos is almost unanimously revered by all who have attended in the past. Guzman admits that in the beginning even he was unsure of his expectations. He confesses, "At the time of my first Kairos retreat, I did not know what to expect," but he was pleasantly surprised. "Everything that you could ever have had in your life is different upon that return. I seriously can not put into words how much better my life and experience of SJC has been since going on Kairos." Domasica agrees, "I didn't know what I was hoping to get out of my Kairos - I just knew that I needed help, and that I needed a

new outlook on life. In reality, I had no idea what to expect." What they got was four days to change the rest of their lives.

The lessons learned are universally valued. Alumni report feeling more at peace with themselves as individuals and more spiritually in tune with God upon their return from the retreat. Domasica professes, "My experience on Kairos has become the center of my spiritual life and secular life. Saying that it has changed my life is not an exaggeration."

Students interested in attending the next Kairos retreat which will take place from January 23 to 26, 2003, can pick up a blue registration packet from the Campus Ministry office located on the second floor of the Halleck Center. Registration is due no later than November 22. Contact Annie Domasica or

Joe Guzman with any questions. Everyone is welcome and encouraged to attend. "Kairos is changing the face of St. Joe," says Domasica. "It is a powerful experience that has a direct and lasting impact on our campus. In one word: Go. Kairos is the best gift that I can ever give you. I believe in Kairos more than any other organization, and I believe that everyone can gain something from the experience."



The symbolic Kairos cross.  
*Photo courtesy of Brother Tim.*

## Nobert Krapf Remembers His Roots

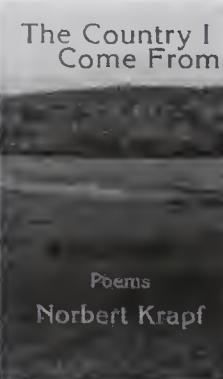
On November 1, 2002, Dr. Mottolese's poetry class made a sojourn to Barnes and Noble in Lafayette for a poetry reading featuring Saint Joseph's College alum Norbert Krapf.

Krapf, born in Jasper, Indiana, received his BA in English from Saint Joe's. He went on to earn his MA at the University of Notre Dame, and now has a PhD in English and American Literature. Currently, he teaches at the C.W. Post Campus of

Long Island University, where he has been a member of the faculty since 1970. Dr. Krapf has written and edited eighteen books,

Katie Grgic  
Staff Writer

poetry as well. He has received the TASA



The Country I  
Came From  
Poems  
Norbert Krapf

twelve of these are collections of his poetry. These include: *Blue-Eyed Grass: Poems of Germany*, *The Country I Came From*, *Bittersweet Along the Expressway*, and *Someplace in Southern Indiana: Poems of Midwestern Origins*.

Dr. Krapf has

won several awards in recognition of his Award from Long Island University, as well as the Lucille McDwick Memorial Award from the Poetry Society of America for his poem "Fire and Ice." In this poem, Krapf writes about a powerful, rather upsetting event for him during his time here at Saint Joe's. Freshman Natalie Lapacek, a member of Dr. Mottolese's creative writing class who attended the reading, said that while she did not particularly care for

Krapf's poetry, she "really liked 'Fire and Ice'" and that it was "definitely (her) favorite poem of his." Enjoyment was shared among the students while listening to Krapf read "Fire and Ice;" hearing the poem gave them insight to what SJC life was like before their own time here.

Krapf's books can be found at any Barnes and Noble store or online at [www.barnesandnoble.com](http://www.barnesandnoble.com) or [www.amazon.com](http://www.amazon.com). For additional information on Krapf, go to [www.krapfpoetry.com](http://www.krapfpoetry.com)



Krapf received the TASA award on April 20, 2000.

*Photo courtesy of www.krapfpoetry.com.*

If you would like to make a contribution to the Opinion page\* or the News page, please email Becky Scherer at [rsh4164@saintjoe.edu](mailto:rsh4164@saintjoe.edu).

\*Remember, *The Observer* cannot print any unsigned opinions or editorials.

# Students “Rave”- ing About Weekend Activities

Melissa Genova  
editor-in-chief

The SJC Rave held last Friday, Oct. 15 proved to be a success amongst students of all genres. The dance was held in the Halleck Center, in between the newly renovated office and the main lounge area. It catered to the students' late night schedule, as well, being held between the hours of 10pm – 1am. DJing the event was Phil Lee, a student at SJC.

Although the event was advertised as a “Rave,” the music was less techno and more mainstream, and the lighting less crazy than an actual “rave.” However, students found this to be an advantage. “It is the kind of music everybody likes to dance to,” said junior Lisa Fruecht. “It was just fun to be able to hang out with my friends, dance, and have a good time.”

Many students agreed that the rave itself was a blast, but the popularity of the event also showed in numbers. “The highlight was that lots of people showed up,” said Angie Quartuccio. The event appealed to Quartuccio regardless of the size of the crowd. “It was awesome, and I could tell everyone that I had a good time,” she said.

It was an outlet that students with little interest in becoming intoxicated could still go to and have a great time. “I know some of the girls on my floor were going because they wanted to just dance without alcohol being related to it. They feel that when they are at a party on a weekend and they are just

dancing, people hear the music and think alcohol is associated with that,” said Abby Thiel. “They were just glad they could dance and have a good time without people thinking that,” Thiel continued.

With the supposed lack of activity going on during weekends at SJC, SUB has once again provided students an outlet where they can hang out with their friends, dance, and not have to

sparc any extra cash. “It was also a good excuse to dress up,” laughed Fruecht.

Kristi Zurawski, who went with Fruecht to the rave, agreed that it was a school sponsored event that she would attend in the future. “The rave was an entertaining way to spend an otherwise boring night on campus. I had a blast ‘getting jiggy wit it’ with all my friends,” she said.



*Students take a break from dancing at the Puma Rave, held in the Halleck Center last Friday.*

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*To contribute your talents to the Feature section of the Observer, contact Melissa Genova at Mgg3598@saintjoe.edu*  
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## 300 word Concert Review : Ani Difranco

November 17, 2002  
Murat Theatre - Egyptian Room  
Indianapolis

Reviewed by : Melissa Genova, Editor - in - Chief

Ed Hammel, or his stage alias, Hammel on Trial, opened for Ani. He did more than just warm up the crowd, however. Hammel, a tall bald guy with an acoustic guitar, was an amazing show in himself! Self-described as “anti-folk,” he mixed heavy political tunes with jokes during his set. A song titled “I Hate Your Kid”, was a far cry from the sensitive acoustic rock genre. He also worried that he might “scare the audience” when he took a more serious turn on a song dedicated to Tina Brandon and Matthew Shepard.

Ani Difranco approached the stage in crutches, explaining later in the show that she wished she had a better story than “I fell.” A seated Ani played a short set, but included “Two Little Girls,” “Your Next Bold Move,” and “Subdivision.” She also introduced the audience to some new songs.

An Ani concert is more like a conversation with the crowd – literally. She answered the crowd when they shouted out questions, she cracked jokes, and told stories about the songs

## New CD Releases

Barry Manilow -  
“A Christmas Gift of Love”

Boards of Canada -  
“Twoism”

David Gray -  
“A New Day at Midnight”

Elton John -  
“Greatest Hits 1970 - 2000” (Ltd. Edition)

George Harrison -  
“Brainwashed”

Jets to Brazil -  
“Perfecting Loneliness”

Tori Amos -  
“Scarlet’s Walk”

Sigur Ros -  
“( )”

U2 -  
“Best of 1990 - 2000” (Ltd. Edition)

Pearl Jam -  
“Riot Act”

Nirvana -  
“Nirvana”

Thursday -  
“Five Stories Falling”

## Melissa's 100 Word Movie Review...

### The Ring

Director: Gore Verbinski  
Starring: Naomi Watts, Martin Henderson,  
Brian Cox, Shannon Cochran

I cannot believe that this movie was sold out the first time I went to go see it! The cinematography was groovy, but this particular cut of the film failed to frighten, or even startle, me. The “film” within the film was intriguing, but c’mom, I’ve seen Tool and NIN videos! The hype gave me the impression that it was disconcerting. I am interested to see the director’s cut, or the Japanese version. It had so much potential! The plot was smart, yet I can’t call it original. But I did appreciate the trick ending: points for the screenplay writer!

reviewed by Melissa Genova, editor-in-chief

or her weekend.

The recitation of her poem, “My IQ” struck a chord with the audience, and by the first few lines, the audience was roaring with either recognition of the poem or enthusiasm:

“When I was four years old, they tried to test my IQ.  
They showed me this picture - three oranges and a pear.  
They asked me which didn’t belong.  
They taught me different is wrong.”

Due to difficulties of mobility, Ani apologized to the audience for not having an encore. She closed her set with her ten minute long poem, “Self-Evident.”

She political, influential, and an amazing songwriter. And she does it alone. My friend and I felt like we should go out and change the world – or at least ourselves – when exiting the Murat Theatre.

# Europe Trip: A Culture Lesson Outside the Classroom

Natalie Lapacek  
staff writer

Have you ever wanted to travel overseas? Well, your chance is being offered! Dr. Michael Oakes is arranging a trip to Europe for May 13<sup>th</sup> through the 24<sup>th</sup> in 2003. Anyone going on this trip will have the opportunity to spend four nights in Paris, two nights in Florence, and three nights in Rome. This trip is open to all faculty, staff, and students from sophomores to seniors, since Oakes prefers the students to have had Core 3 before they go exploring Europe. He feels that if you go to Europe having been through Core 3, which is a concentrated study of Western Europe's history and cultures, you will know some background to the cities you visit, which makes the trip more informational as well as enjoyable.

The last trip to Europe was in May 2001. Before that, there had not been an arranged trip like this for at least two decades. Fortunately, Oakes took the initiative to start up this opportunity again. The group who went last year went to the same cities for the

same amount of time. They saw famous sites and places like the Eiffel Tower, many museums including the Louvre and the Picasso Museum. They also saw cultural landmarks, particularly the Coliseum and Vatican.

In Oakes's opinion, the best things about the trip were seeing the Pope and the dinners - the students would break up into two groups and

of professors, it is a separate atmosphere than the collegiate relationship between student/professor. Oakes explained that the professors simply go "to see Europe," and not to watch over students. The trip is not "highly structured," meaning that everyone will not have to worry about being stuck on some tour bus the whole time. There is one organized tour at every city, but the rest

Oakes is familiar with the sites and how to get there so he heartily helps everyone out.

An obvious appeal, though, to going to Europe would be to simply learn about foreign cultures. Oakes says that knowing about other cultures helps you "have a better, more realistic view of your own culture." Seeing different things, he added, can lead to new interests like history, traveling, art, culture, or politics. It just lets a person know "there's more out there."

Would you like to try expanding your horizons and learn about European culture? If you are interested in going on the trip this coming May, you need to contact Professor Oakes by mid-December. The exact date for the deadline has not been set up as of yet, but he would like to have at least fifteen people to go on this trip. If there are fifteen by the deadline, he is willing to accept students who wish to go in January also.

The cost for the trip this year will be \$2,043, which may seem like a large amount to some, but this money covers everything besides lunch, dinners, and personal expenses. For more information on the trip and photos from last year's trip, go to the "Core Tour Europe 2003" website at <http://www.saintjoe.edu/~mjoakes/europe/index.html>. You can also access Dr. Michael Oakes' email from this site if you wish to contact him about the trip.



**Highlights from the Europe 2001 Trip:**  
Students at the St. Peters Square at the Vatican in Rome (left).  
The Notre Dame Cathedral in Paris, France (right).

Photos courtesy Dr. Michael Oakes from  
[www.saintjoe.edu/~mjoakes/europe/index.html](http://www.saintjoe.edu/~mjoakes/europe/index.html)

each would go to dinner with two or three professors. They would sit and eat foreign specialties and converse among each other, which turned out to be some great, memorable meals. Despite the fact that the trip includes the company

of the time is spent however the group would like to spend it, together or individually. There is a lot of freedom on this trip. Don't worry, though, no one is sent out in the middle of a foreign city with no clue where to go or what to do;

## Puma Profile: Heather Mikus

### Mikus proves that she is a Jack of all Trades

Melissa Alba  
staff writer

Mikus has fifteen years of dancing under her belt, twirling piqued her interest at the age of eight when a baton twirling group attended one of her dance competitions. "It looked fun," commented Mikus.

Her skill was acquired in her homestate of Michigan. "I was on the Angels, then I stopped and did individuals for the rest of the time," said Mikus. "[The Angels] twirled for the World Twirling Association and Twirling Unlimited."

Her earliest "experience," however, was at an extremely young age. "I always danced with 'Mary Poppins,'" said Mikus, who's grandfather saw her potential and signed her up for dance lessons when she was three years old.

She has been competing since

and taking home trophies for her hard work and passion for her craft. She will be representing SJC at Nationals in baton twirling.

Twirling isn't her only unique accomplishment. She went to Poland to study abroad for a semester during the summer before senior year. "It was a program that I went through to learn about culture clashes and language," she explained.

Heather Mikus is a double major

in Biology and Chemistry. She graduated from Divine Child High School. Her future aspirations include setting-up a free clinic in Kenya, Africa. Even as a freshman, she has an impressive resume of extracurricular activities and clubs including Dance Team, Right to Life, The Cause, Habitat for Humanity, and Relay for Life, College Republicans, Gallagher Charitable Society, and Volunteer Corp.



Baton twirling might look effortless – the whole throwing a stick up-and-down concept seems simple enough, right? Although it looks like an easily attainable skill, it actually takes a lot of hard work, dedication, and accuracy. Saint Joseph's College sole baton-twirler Heather Mikus has all those qualities as well as some impressive choreographed footwork to go along with it. She shines and glitters on the field as the fiery baton is twirled up above her head, landing perfectly back to her waiting hand.

## The Brandon McGann Show (and SJC "Dating Line")

### WPUM 90.5

Sunday nights from 9pm to midnight

The DJs: Jeff Wittenhagen  
Chris "Food Dude" Rapp

and from 11pm to midnight, the "Pillow Power Hour"  
featuring the Sexy Pillow himself!

Call in requests, Brandon McGann stories, and whatever. x6905

# Coach Bill Massoels Gives Tips to the Amateur Runner

Bridget Newman  
Sports Editor



Bill Massoels runs because he likes to win. He still races competitively at age 35. He still has running goals: to compete in and win the Master's race for individuals 40 and over.

Bill Massoels runs because it's an ideal way to relieve stress. He can put on his Nike's, head out the door, and not have to think about anything.

Bill Massoels runs because then he can eat whatever he wants. His body is in near perfect physical condition. He knows the best way, the best time, and the best reasons to run and he is sharing them with us.

The following tips can work for anyone. For more information on these guidelines you can speak with Coach Massoels; he is more than willing to answer any questions you may have.

## Apparel

Men should be sure to wear comfortable running shorts. Women should wear sports bras. What you wear can affect your stride, your posture, and your overall performance.

## Student Runner

Bridget Newman  
Sports Editor



Sophomore Brian Bugajski had made running a reason to get up in the morning. "I have more energy. I'm more apt to wake up because I look forward to running."

He runs to relieve stress and as an "added bonus" has had noticeable weight loss after just a month of a four-day a week running strategy. He does ten minutes of stretching, runs 1/5-2 miles on the indoor track, then does sit-ups and push-ups. His goal is to run 3 miles at a steady pace. He is currently running a 6:50 mile.

## Shoes and Socks

This issue is an incredibly important one for any runner, amateur or professional. Coach Massoels is a Nike wearer, but also recommends Adidas, Aasics, and New Balance. Your shoe should depend on your frame.

A proper running shoe can cost anywhere from \$60-\$100. This may seem surprisingly expensive, but a good pair of shoes will be sure to last. In addition, you will end up saving money by avoiding hospital visits caused by bad shoes.

Socks should be short so they do not constrain your calf muscles.

## Stretching

Stretching should not consist of push-ups and sit-ups. You should concentrate on your calves, groin, and quadriceps (thigh muscles).

The cross-country team spends twenty minutes stretching before each practice. You may also want to jog two laps lightly depending on how strenuous you want your run to be.

## Breathing

Proper breathing is especially critical for runners, regardless of short or long distance running. Coach Massoels says that proper breathing means exhaling and inhaling through both your nose and mouth.

This may seem unnatural at first. However, with practice, this type of breathing will seem normal and will aid your ability to run for greater distances comfortably. As a note, Coach Massoels adds that a runner should be able to carry on a light conversation while he/she runs.

## Arm Movement

"Pick your nose, pick your pocket." Sound silly? It works! This is an arm movement technique that will teach you to use your arms. Running isn't all in the legs; arms can do a lot of work too if used properly.

Coach Massoels says you should drop your arms to your hip, not your chest. Also, don't bring your arms across your body, relax them. Otherwise they will get tense and can cause shoulder cramping.

## Crampage

There is nothing more defeating than when you're clipping along down the road and suddenly you wince and grab your side because you get sharp, stabbing pains.

Coach Massoels says that you don't have to let that stop you, though! When you get a stomach cramp, spring 20 meters and jog 20 meters, then repeat three times. This technique should get rid of the cramp, which is essentially just an air bubble that needs to be popped.

## Eating Before/After

Before running, it's best to stick to simple carbs, such as pasta, pancakes, and rice. It is not good to eat meats or drink milk. After you run, depending on your body, you can eat how you like and as soon as you like.

However, if you run for weight loss, you should continue to be cautious of greasy and fattening foods.

Coach Massoels recommends drinking water or gatorade, which is high in electrolytes. Electrolytes give the body a boost of energy and Gatorade is also refreshing.

## Long Distance/Slow or Short Distance/Fast?

Coach Massoels says that a long distance run is the best thing for your body. If you plan on losing weight, you need to run for at least twenty minutes at a steady rate. It is only after this much time that fat cells will be burned. The body will first break down stored glycogen and carbohydrates before going to the fat.

## Repetition/Drills/Hills

It is a great idea to mix up your workout. Coach Massoels notes that changing the location and style of your runs will keep the excitement going. Your brain won't be stuck in one mode of thinking.

Also, different terrain and hills will work different muscles. Going uphill will work your calf muscles, while downhill runs will work your lower back.

## Cool Down

Coach Massoels suggests doing a light jog for one mile. The length depends somewhat on how long you've been running, but one mile is a fairly standard cool down.

## How to Carry a Key

The chances of running into someone coming out of your dorm at the very same time you return from a run are slim to none. Plus, all the dorms are more secure than Fort Knox. Therefore, you'll need to bring your key.

It isn't a good idea to carry a key in your hand while you run because if you have a tight grip your arm may stiffen on the one side and cause a shoulder cramp. Coach Massoels suggests that the best way to carry your key is to unlace your shoes a few holes and tie it in. Then, relace your shoes. That way, the key is secure and you can concentrate on more important things while you run.

## Best Time of Day

The time of the day in which you run is a completely personal decision, based mainly on your purpose for running.

If you run to relieve stress, then it will probably be most beneficial to you to run at night. That way, you can go to bed relaxed and feeling good!

If you run to lose weight, you can run either first thing in the morning or at the end of the night. If you do it in the morning, you will work off stored sugars and glycogens that your body already had in its system. If you run at the end of the night, you will burn off what you've eaten throughout the day. In both scenarios, if you've run long enough, you're cancelling out the fats and sugars consumed.

## Headphones and Music

Coach Massoels does not allow his cross country and track teams to wear headphones while they run. He does, however, permit music to be played over speakers. His reasoning is that headphones break a runner's concentration. Often times a runner will move to the rhythm of the music instead of his/her own pace.

He does not recommend headphones to amateur runners either. Not only is it bad for concentration, but mainly it is a safety issue. Runners would not hear a car coming or an attacker following them if music is blaring in their ears.

## Setting Goals

If you want to start a running plan from scratch, then it is important to pace yourself. For one week, you should walk briskly for ten minutes everyday. During the second week you should walk for fifteen minutes. The third week should consist of light jogging. By the end of the month you should be able to push yourself to run as long as you feel comfortable, continuing to challenge yourself.

## Where to Run

Students and Faculty/Staff members are welcome to run on the Rec Center track whenever there is no team utilizing the area. In addition, he is more than happy to open the outdoor track for a student's use if asked to do so. If you would like to run in town, Coach Massoels can give you tips on where it is safe and houses you can go to if you are injured or have an emergency.

## A Final Note

Coach Bill Massoels believes that running shouldn't be a chore. You should do it when it is convenient and comfortable.

## Attention Coaches!

The Observer would like to acknowledge the accomplishments of the Saint Joe athletes. We will be accepting nominations for the "O.A.I" Observer Athlete of the Issue. Students to be nominated exemplify the following qualities: a leader, enthusiastic, motivational, and of course the nominee has outstanding athletic ability.

If you would like to nominate a student, please contact Bridget Newman at [bnh3998@saintjoe.edu](mailto:bnh3998@saintjoe.edu). The O.A.I. will be featured in the most recent edition of the newspaper following their nomination.

## CLARK TUESCHER - ANOTHER FRIENDLY FACE AT SJC



A recent addition to the Puma's staff is in fact a former Puma himself. Clark Teuscher graduated from St. Joe's in 2000. While he was studying here he ran cross-country and track. In addition, Teuscher was the sports editor for The Observer his senior year. Also during his senior year changes were made to the athletic department. Mainly, Bill Massoels was named athletic director. Other than this change, Teuscher says Puma life has remained the same since he was a student here.

Teuscher is now a member of the Saint Joe staff, working in public relations for athletics here on campus. This position involves many responsibilities, but with Teuscher's eagerness and sense of humor this job should be no problem at all. The responsibilities center around getting word out about athletics offered at St. Joe's. Teuscher is more than willing to also offer his own two cents on athletics and athletes here. As a matter of fact, when asked who his favorite athlete was he had a difficult time choosing between seniors, Jeff Barker and Mario DiRuzza. However it was easy for him to declare cross-country as his favorite sport.

Teuscher added nonchalantly, that his job for this year is, "basically taking care of the coaches' and athletes' publication needs." This job will take a lot of time and dedication, but with a positive disposition and enthusiastic interest in our coaches and athletes happiness, Clark will make it happen. Teuscher can be reached through e-mail at [clark@saintjoc.edu](mailto:clark@saintjoc.edu).

**Favorites:**  
**Food**-anything  
**Movie**-Caddyshack  
**Sport**-Cross Country  
**Athlete**-Mario Diruzza or Jeff Baker  
**Band**-Led Zeppelin  
**Song**- "Strange Hold" by Ted Nugent  
**Book**- "Rum Diary" by Hunter Thompson

## Stacy Russo: Chicago Marathon Competitor!



SJC staff member Stacy Russo recently competed in the Chicago Marathon, a 26.2 mile race. Russo ran with Team in Training" who did fundraising for lymphoma. "Team in Training" was part of 750 members of "Team Indiana." Russo did 18 weeks of rigorous training to prepare for the race. Russo finished in 5 hours:11 min; the winning time was 2 hours:17 minutes. All runners who finished received a medal. Russo recently appeared on sophomore Eric Peschke's new television show "Late Night with Eric Peschke" which airs on TV-6 at 6:30pm and 10:30pm.

Tune in to hear more about Russo's success.

If you are interested in writing for the sports pages contact Bridget Newman at [bnh3998@saintjoe.edu](mailto:bnh3998@saintjoe.edu)

## Upcoming Puma Games

### Basketball

**Women**  
 Nov. 24th  
 @ 2:00  
 vs. Cen. Missouri State

Nov. 30  
 @ 1:00  
 vs. Lewis

Dec. 2  
 @ 5:30  
 vs. SIU Edwardsville

**Men**  
 Nov. 22  
 @ 7:30  
 vs. Ferris State

Nov. 26  
 @ 7:30  
 vs. Mercyhurst

Nov. 30  
 @ 3:15  
 vs. Lewis Univ.

Dec. 2  
 @ 7:30  
 vs. SIU Edwardsville

Congratulations to Puma Volleyball and Puma Football on a Great Season!

## Top 5 Movie Quotes of the Week:

Compiled by Tim Hayes

### *Alien Resurrection*

"He put an alien inside of you. It's a really hairy one. You know it's going to burst its way through your rib-cage, and you're gonna ask my questions?" -Ellen Ripley (Sigourney Weaver)  
"Who are you?" -Purvis (Leland Orser)  
"I'm the monster's mother." -Ellen Ripley

### 4. *Catch 22*

"You can't let crazy people decide whether you are crazy or not." - Captain "Doc" Daneeka, M.D. (Jack Gilford)

### 3. *License to Drive*

"Could you take the car out of neutral? We just got passed by a street sweeper." -Dean (Corey Feldman)

### 2. *Outbreak*

"What have I ever done to make your life miserable, sir?" -Lt. Col. Sam Daniels (Dustin Hoffman)  
"You got up this morning, didn't you?" -Gen. Billy Ford (Morgan Freeman)

### 1. *Mad Max Beyond the Thunderdome*

"Congratulations, you're the first to survive the audition." -Aunty Entity (Tina Turner)

Courtesy of [www.uselessmoviequotes.com](http://www.uselessmoviequotes.com)

## Useless Information

\*Female lions do 90% of the hunting.

\*NYC's Central Park is almost twice the size of the country Monaco.

\*Camels have three eyelids. Slugs have four noses.

\*Shirley Temple received 135,000 presents on her eighth birthday.

\*The Hawaiian alphabet only has twelve letters.

\*Beavers can hold their breath for 45 minutes.

\*More people are killed by donkeys than plane crashes.

\*Oysters can change from male to female and back again.

\*The oldest goldfish lived 14,975 days.

Courtesy of Delia's catalog "When I rule the World," 1999.

## What D'Ya Know?

See if you can match the Superhero with his secret identity:

1. The Incredible Hulk

- a. Bruce Banner
- b. Peter Parker
- c. Don Blake

2. Batman

- a. Dick Grayson
- b. Clark Kent
- c. Bruce Wayne

3. Spider Man

- a. Tony Stark
- b. Peter Parker
- c. Mike Waring

4. Superman

- a. Clark Kent
- b. Lamont Cranston
- c. Dan Reid

5. Green Lantern

- a. Don Blake
- b. Tony Stark
- c. Alan Scott

Answers:

1. a 2. c 3. b 4. a 5. c

Quiz courtesy of coolquiz.com

## - - What's That Line Again? - -

Did you ever listen to a song and hear one thing, only to find out later that what the lyrics actually are were a totally different thing? Well, you're not alone. Here are the misheard lyrics from some of your favorite artists' songs.

Song: Exodus

Artist: Bob Marley and the Wailers  
What They Heard: "Just another mad podiatrist."

Correct Lyrics: "Come on people, let me tell you this."

Song: Even Flow

Artist: Pearl Jam

What They Heard: "Tea leaves, they can't ski on a legal holiday."

Correct Lyrics: "Ceilings, few and far between all the legal halls of shame."

Song: Heart of Glass

Artist: Blondie

What They Heard: "It's just no good. Your cheese is life in Denver."

Correct Lyrics: "It's just no good. You're cheating like you do."

Song: Bullet with Butterfly Wings

Artist: Smashing Pumpkins

What They Heard: "The spider marines, Siam's steel-chested rabbit arcade."

Correct Lyrics: "In spite of my rage, I am still just a rat in a cage."

\*\*\*\*If you have a song lyric that you've interpreted incorrectly, and you would like to have it in the Observer, email it to Susan Huss.\*\*\*\*

Source: *When a Man Loves a Walnut*, by Gavin Edwards.

## SJC Poet's Corner

### Enlightenment

### For Jon

Men build dreams with dreams of utopian fidelity, indulgence, and veneration.

A life that consists of vitality is not a commodity.

Life has a price – a stiff figure of love and ache... sacrifice.

The clocks tick is closer to the next now,

people running with fevers and diet pills, headaches and flaky fingertips, muddled vision and caffeine highs.

Funny,  
if I were to pop off the top of my head I  
would be able to pick up my brain and  
hold it in my hand. I could look at it and  
toss it in the air and catch it and with  
it I  
could conclude, indisputably, the reasons of existence.

It's funnier that we believe that.

~Anthony G. Salati

### The Tone Deaf Girl

You said I'm tone deaf  
And that's all right.  
So I just won't sing you  
To sleep tonight.

I said I love you.  
You said, "That's alright.  
I've got someone else  
Lovin' me tonight."

I don't know what's going on here.  
Our relationship isn't really clear.  
Is it all right if I call you dear?  
No, all right that's cool.

You said I smell  
When I take off my shoes.  
So I guess I won't ask you  
To rub out these blues.

I said you're beautiful.  
You said that you wish I were too.  
I guess that's what happens  
When I'm honest with you.

I don't know what's going on here.  
Our relationship isn't really clear.  
Is it all right if I call you dear?  
No, all right that's cool.

You said I look ugly  
When I cry.  
So I guess I'll hold in  
All my tears tonight.

I said I'm leaving you  
And not coming back.  
You said "That's okay,  
Don't let the door hit your ass."

I don't know what's going on here.  
Our relationship isn't really clear.  
Is it all right if I call you dear?  
Well I didn't really want to anyway so that's cool.

~Bridget Newman

### Out of Room

How many words does it take to say?

I don't have enough.  
So I'll turn away and take up the space,  
But you'll never know  
What could fill up the page.

~Susan Huss